

Parkstone Grammar School



A Partnership with Parents

How to support and encourage your
child's learning at home.

Dear Parents/Carers,

This booklet is designed to be a helpful guide for supporting progression for all students at Parkstone. Initially designed to help students who are struggling academically, we felt this resource would actually be beneficial to all and hope it will serve as a source of guidance or inspiration to dip in and out of when required.

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General Support Across the Curriculum	Broad approaches which will help in all areas of student life, including wellbeing and literacy.	Page 3-4
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Thank you for taking the time to read this. As ever, if you are concerned about your child's academic progression, please do make contact with their subject teacher(s) and if you have concerns about their wellbeing, please contact their tutor(s). In addition, if you have questions or concerns about careers planning, please make contact with Mrs Wilkinson, Head of Careers and Employability.

Yours sincerely,

Naomi Willis
Pupil Premium Coordinator

General Support across the Curriculum

Action	Rationale
Provide an opportunity for your child to complete their homework in a quiet environment, without screens.	The 'Believing in Better' report by The Sutton Trust links good homework habits and the home learning environment with self-belief and better academic outcomes.
Ensure your child has the necessary equipment to complete the work such as a calculator, pens and a compass.	Your child will be able to complete all homework.
Provide access to a dictionary and thesaurus (and if English is their second language, a bilingual dictionary too.)	Your child will develop their vocabulary and continue to learn subject specific terminology.
Download some free spelling and vocabulary APPS such as Scramble, Scrabble, Anagrams, Dingbats and Word Collapse.	A recent report by The Communication Trust states that, "At Secondary Level, vocabulary skills at 13 strongly predict GCSE results at 15." Developing vocabulary and spelling is key to success across the curriculum.
Ensure your child has breakfast before they come to school.	Research by the Education Endowment Foundation shows that having a nutritious breakfast can have a direct impact on student attainment.
Ask your child what homework they have to complete and whether they feel confident completing it.	Opening up a dialogue about school work will enable your child to discuss any problems they are having. You can then provide support: encourage them to speak to their teachers, do some additional research, go to the library etc.
Encourage your child to get a full night's sleep.	Rested children learn better because they can focus better in lessons.
Provide a range of reading materials and model reading at home. Visit your local library.	Recent research by the University of Oxford and the Department of Education found that not only can reading boost understanding of the subject matter, it can improve academic performance across the curriculum, including Maths and Science.
Provide 'opportunities to learn' outside of school.	<p>Visiting museums, libraries, theatres, galleries and science/sports clubs provides your child with real life opportunities to learn.</p> <p>Here are some of the experiences we are fortunate to have nearby:</p> <p>The Winchester Science Centre The Bournemouth Natural Science Society The Lighthouse Theatre The BIC Bournemouth Pavillion The Tivoli Theatre The Russell Cotes Museum Sculptures by the Lakes Southampton City Art Gallery Kingston Lacy Corfe Castle Thomas Hardy's Cottage Shire Hall Historic Court House Roman Town House Tyneham Village Northe Fort The Tank Museum Salisbury Cathedral Fleet Air Arm Museum Dorset County Museum The Red House Museum and Gardens The Museum of Jurassic Marine Life Poole Museum</p> <p>Please ensure any visits are compliant with the relevant Covid-19 restrictions in place at the time. If you can't travel, consider</p>

	doing a virtual tour: https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours
Talk to us.	Communication with the school enables us to understand your child and their situation fully, thereby allowing us to best support their education.

Subject Specific Support

Art:

Encourage your child to spend time sketching and experimenting with different materials. Tutorials on YouTube can be used to help them learn new artistic techniques.	This will build your child's confidence and ability.
Encourage your child to visit art galleries and research the work of different artists.	This may provide inspiration for their own artwork.
Provide your child with the opportunity to complete a Saturday Art School course at the Arts University Bournemouth. https://aub.ac.uk/courses/saturday-art-school/courses/	This will build your child's confidence and ability.

Astronomy:

Go out and look at the night sky and ask your child to point out the objects, constellations and asterisms they recognise. Try to find new objects to look for.	This will consolidate, extend and enrich their knowledge of the night sky.
Look at www.space.fm for specification points and extension ideas.	This will enable them to gain further insight about the work covered and to extend some ideas further.
Look at the NASA and ESA homepages: https://www.nasa.gov/ https://www.esa.int/	This will help them to find out about recent developments in space missions.

Biology:

Encourage your child to watch any natural history/medical programmes on the TV. (KS3-5)	This will help your child develop knowledge of the wider natural world which can help in biology application questions. It will also help develop understanding of how the body works.
Encourage your child to read New Scientist, Nature or online articles in the Biology field. (KS5) https://www.newscientist.com/section/news/ https://www.nature.com/	This will help your child develop a wider knowledge of Biological issues which will help in higher level application questions, and also when writing personal statements for University applications.

Business and Economics:

Encourage your child to read/watch the news and stay abreast of current affairs. The business/economy/financial sections of local and national newspaper are a useful starting point. https://www.bbc.co.uk/news/business https://www.independent.co.uk/news/business	Students should broaden their knowledge and understanding of world events, and develop a good understand of recent economic trends and the impact of this on both businesses and the country as a whole.
Make use of the many resources that are available online to support subject specific learning. The Tutor2u website (www.tutor2u.net) in particular offers a thorough coverage of GCSE and A-Level content relevant to each exam board in both Business and Economics. BBC Bitesize is a useful resource for GCSE Business: (https://www.bbc.co.uk/bitesize/subjects/zpsvr82). There are also a number of very good YouTube channels such as:	Using these online resources will help build confidence with the subject content. The resources listed include revision notes, videos, games, and activities to reinforce and support knowledge and understanding.

<p>Bizconsesh (https://www.youtube.com/channel/UCE9uWsZ2C3NYzzKRlo_mntw)</p> <p>Bee Business Bee (https://www.youtube.com/user/beebusinessbee),</p> <p>Taking the Biz (https://www.youtube.com/channel/UCIJ4pk3uzyWoeoBkGs0hxQ),</p> <p>EconplusDal (https://www.youtube.com/channel/UCQbBh9Jn2ljcSPZOiNKJu0g)</p> <p>Jacob Clifford (https://www.youtube.com/channel/UCCQEbqDL8i40d83Au55IYMQ)</p>	
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Chemistry:

Encourage your child to make use of BBC Bitesize. (KS3, KS4)	These resources can be used to increase confidence in specific areas of the course.
Encourage your child to visit the Royal Society of Chemistry website. (KS4, KS5)	There is a large bank of articles, resources and videos on all aspects of the Chemistry course, which can enrich students' understanding of the subject.
Encourage your child to search for free science lessons on YouTube. (KS3-5).	There are accessible videos on content for students to increase confidence.
Encourage your child to visit the Maths and Physics tutor website (KS4, KS5). https://www.physicsandmathstutor.com/	These contain sample questions that students can access to test their exam technique.
Encourage your child to download Kahoot APP or visit the website (KS3-5). https://kahoot.com/	This APP contains fun quizzes that students can access to test their knowledge.

Computer Science:

There are many different programming sites that your child could visit to practice their programming skills. We have made some recommendations below for each key stage.	
<p>Small Basic (KS3) Small Basic is a programming language created specially to help students transition from block-based coding to text-based coding. By teaching the fundamental elements of syntax-based languages in an approachable manner.</p> <p>You can download Small Basic for free and follow tutorials using the link below.</p> <p>https://smallbasic-publicwebsite.azurewebsites.net/tutorials</p>	This will develop your child's knowledge and understanding of coding, whilst also giving them valuable examples which could be referred to for class activities.
<p>Python (KS4) Python is one of the fastest growing computer languages. It can be downloaded for free using the link below.</p> <p>https://www.python.org/downloads/</p> <p>There are lots of resources out there to help your child learn how to code using Python. This is one we recommend.</p>	This will develop your child's knowledge and understanding, whilst also giving them valuable examples which could be referred to for class activities and exam questions.

https://www.learnpython.org/en/Welcome	
<p>PyGame (KS5) Pygame is a library add on to Python that is designed to enable the creation of games. It is a great way to practice programming and create cool games.</p> <p>The tutorial below will walk you through how to create the game "snake" using PyGame</p> <p>https://www.edureka.co/blog/snake-game-with-pygame/</p>	<p>This will develop your child's knowledge and understanding, whilst also giving them valuable examples which could be referred to for class activities and they may choose to use PyGame to create their A level Project.</p>
<p>tkinter (KS5) tkinter is an additional library that allows Python to have a GUI. It is fairly straightforward and works in a similar way to HTML where it is best to set up a grid system. There are two approaches to using tkinter (procedural and object-oriented).</p> <p>There are 72 tutorials in this series which will teach you all you need to know about tkInter and introduce you to Object Orientated Programming.</p> <p>https://www.youtube.com/watch?v=yuoSKkSEhQg&list=PL6lxxT7ldTxGoHfouzEK-dFcwr_QCIME_</p>	<p>This will develop your child's knowledge and understanding, whilst also giving them valuable examples which could be referred to for class activities and they may choose to use tkinter to create their A level Project.</p>

Drama and Theatre Studies:

Encourage your child to participate in Drama Club, Student Production or Joint School Musical as performer or backstage.	This will build your child's group skills, creativity and confidence.
Encourage your child to explore websites such as The Globe, RSC and National Theatre	This will allow your child to investigate production from a professional theatre perspective whilst exploring Theatre History.

English Language and Literature:

Watch different film versions of the Literature texts your child is studying.	By watching different film versions of the text, you will be able to discuss them, and solidify your child's understanding of characters, plot and themes.
Download some free literacy APPS such as 'Word Collapse', 'Boggle', 'Scramble' and 'Spell Mania'.	This will help your child improve their spelling.
At GCSE and A Level, test your child on the quotations they have been learning for the Literature texts.	This will build their confidence and also enable them to meet all the assessment criteria in the final examination.
Talk about books and what you are reading.	Discussing Literature is beneficial in many ways. It helps students broaden their vocabulary, develops their understanding of cultural, social and historical contexts, as well as enthusing them to read independently.
Encourage your child to read their work aloud before they hand it in.	This will not only help your child spot errors in their work, but it will get them into the habit of checking their work carefully.
Encourage your child to read news articles, letters and other forms of writing.	By exposing your child to different forms of writing they will start to become more familiar with the different features and styles that they may have to emulate in the exam.

Food Technology and Preparation:

Encourage your child to cook with you at home.	This will build their confidence and skills in the kitchen.
Involve your child in the planning of meals at home.	This will allow them to consider healthy options and how a balanced diet can be achieved.
Allow your child to go out and purchase their own ingredients.	This will develop their awareness of pricing and seasonality.

Geography:

<p>For KS3, take your child to visit the landforms or landscapes of the Jurassic Coast. There are websites which locate key sites and give information on the geology and formation of different features such as Old Harry Rocks, Lulworth Cove and Kimmeridge. The areas could also be looked up on a map, and your child could practice some grid references or follow a route on the map</p> <p>NB: We have local maps which can be borrowed. Alternatively, Ordnance Survey maps can be created and printed out for from on Digimaps. (The login username and password is on Teams).</p>	This will give your child first-hand experience of looking at land forms and also develop their map reading and spatial awareness.
Your child has a Geography curriculum guide which tells you what they are studying at any time. Encourage discussion of those topics in context of the home for example, where does our food come from today? How far has it travelled? Where are these places?	This will develop your child's knowledge and understanding, whilst also giving them valuable examples which could be referred to in an examination.
Keep up to date with current affairs - either through watching the news, or reading a paper at least once a week or watching topical documentaries. Discuss issues (such as earthquakes, extreme weather or economic issues), their reasons, impacts and how they vary in different parts of the world. Look up the locations concerned on a map is.	This will develop your child's knowledge and understanding, whilst also giving them valuable examples which could be referred to in an examination.

Graphics:

Encourage your child to spend time sketching ordinary objects to get used to speed drawing.	This will build your child's confidence and ability.
Visit museums like the Victoria & Albert or Design Museum.	This may provide inspiration for their own work.
Visit the BBC Bitesize website and TechnologyStudent.com	These give background information to support your child's learning.
Provide your child with the opportunity to complete a Saturday Art School course at the Arts University Bournemouth. https://aub.ac.uk/courses/saturday-art-school/courses/	This will build your child's confidence and ability.

History:

Download and use Quizlet	This APP is great to support revision and learning across the History GCSE, not just in Year 11.
Encourage students to engage with the revision/ guidance online which staff have prepared:	If students are struggling with a particular area of the course there are lesson PPTs/ revision notes/ revision activities and help to help support their learning.
Encourage your child to use the school library. We have updated the History section to include more	Reading is brilliant to support historical skills and understanding.

representation and a range of topics not studied in lessons e.g. civil rights.	
Try to visit places of historical interest both locally and further afield e.g. Poole/ Dorchester museums/ Shire Hall Law Courts Museum/ Kingston Lacey/ Corfe Castle/ Portland Castle.	This will help students visualise topics we are learning in lessons and allow to students to engage in personal stories and artefacts.

Mathematics:

Encourage your child to use MyMaths to review topics and find areas to improve. https://www.mymaths.co.uk/	MyMaths is an excellent resource for homework. It allows students to review work covered in class and work on topics that have caused difficulty. Each homework has an equivalent lesson to help students who need further support.
Using Corbett Maths videos and worksheets to revise all parts of the syllabus. https://corbettmaths.com/contents/	Corbett Maths is an extensive website that has videos for all of the GCSE topics and worksheets with answers to allow students to check their workings.

Media Studies:

Encourage your child to engage with the films, TV programmes and documentaries available on 'Click-view'. Attempt some of the 'independent tasks' in the course booklet that link to the English and Media magazine website.	The resources and tasks are enrichment topics for Media Studies generally, but they also help give A Level essays further academic resonance as they encourage wider perspectives and context.
Keep abreast of current affairs by reading newspapers or news websites such as 'The Guardian'.	This directly links to the A Level course and will broaden knowledge about news values, audiences and representations.

Modern Foreign Languages:

Download the Duolingo app	These fun games can develop your child's vocabulary in a range of languages including French, German, Italian and Spanish.
Where Knowledge Organisers are issued on TEAMS or as hard copies encourage your child to overview the key vocab and structures for each term's topics.	This activity will reinforce your child's learning and develop their confidence, as well as helping to identify any areas that need attention or further study.
Spend time testing your child once they have learned new vocabulary.	This recall activity will reinforce your child's learning and develop their confidence.

Music:

Visit the BBC ten pieces website and explore the different pieces using the various resources available. https://www.bbc.co.uk/teach/ten-pieces	This will introduce students to a range of different pieces of music and reinforce their musical understanding.
Encourage your child to explore the many instructional and informational YouTube videos about how to write and play music.	This will increase their knowledge and experience of music.

Physical Education:

Set time aside to complete exam questions with your child, or time them to complete a paper.	This will allow the students to work on exam technique and get used to writing under timed conditions.
Encourage your child to participate in sport.	Not only will this benefit their own physical and mental health but it will develop their confidence and ability in PE within school.

Physics:

Encourage your child to make use of BBC Bitesize	This site contains a good variety of sources students can use to increase confidence in specific areas of Physics.
Encourage your child to search for free science lessons on You tube. (KS3-5).	There are accessible videos to reinforce ideas learnt in lessons which directly link to the course and are aimed at the correct level.
Encourage your child to sign up to Isaac Physics (KS5) https://isaacphysics.org/	Excellent resource to stretch KS5 students and help reinforce specific areas of Physics.
Encourage your child to visit the Maths and Physics tutor website (KS4, KS5). https://www.physicsandmathstutor.com/	These contain sample questions that students can access to test their exam technique.
Encourage your child to download Kahoot APP or visit website (KS3-5). https://kahoot.com/	This APP contains fun quizzes that students can access to test their knowledge.

Politics:

Encourage your child to watch the news daily.	This will help your child gain a broader understanding of the current political climate and political language.
Encourage your child to engage with the reading list in the student booklets.	This will help your child develop their knowledge of the topic and a wider range of case studies.
Discuss current political debates at home.	This will enable your child to develop the tools to articulate opinions which can later be used in answers.
Encourage your child to use the website list in the student booklet.	This will enable your child to check class materials/ catch up or clarify work covered.

Psychology:

Test your child on key terminology – they have glossaries for each topic area.	This will help your child fulfil the examination assessment criteria.
Encourage your child to use the quizzes and Apply It questions in the eBook. The quizzes mark themselves and answers to the Apply It questions can be found by clicking on the 'A'.	This will develop knowledge and help with revision of what has been learned in the lesson. It will also identify areas which may need further attention and study.
Download the Seneca APP and sign up to the Year 12 or Year 13 group.	This will develop knowledge and help with revision of what has been learned in the lesson.

Religion and Philosophy:

Encourage your child to watch the news and read local and national newspapers.	This will develop your child's understanding of current affairs which will enable them to develop their own opinions and understand the wider context of topics.
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Sociology:

Keep up to date with current affairs - either through watching the news, or reading a paper at least once a week or watching topical documentaries	This will help support the use of contemporary examples in the analysis of their work.
Discuss topical issues at home.	This helps with the construction of arguments within an essay

Textiles:

Encourage your child to spend time sketching fashion drawings.	This will build your child's confidence and ability.
Visit museums like the Victoria & Albert or Design Museum.	This may provide inspiration for their own work.
Subscribe to craft magazines/a monthly craft subscription or use YouTube tutorials for craft activities.	This will help build your child's confidence, give them ideas and build their creativity.
Provide your child with the opportunity to complete a Saturday Art School course at the Arts University Bournemouth. <u>https://aub.ac.uk/courses/saturday-art-school/courses/</u>	This will build your child's confidence and ability.

Careers Support

Talk to your child about their future and ideas about possible careers.	Don't worry if your child doesn't know what they want to do: they are not alone. Encourage them to think about what makes them happy, as work is a large proportion of life. Try to encourage them to see the fact that they don't know what to do as a positive, and use their time to explore different career options.
Help your child research possible careers that they are interested in.	The more they research, the more options your child will have. They could have a go at a careers quiz which matches answers to different industry sectors and then narrows down the choices. In addition to this, it is important for your child to try and secure some work experience or work shadowing so that they can experience what the job really involves. If they can't do this, at the very least they should have a meaningful conversation with someone who does do the job.
Encourage your child to use the careers website: https://www.unifrog.org/	Your child will have hopefully started to use this careers website in school. They need to register so that they can keep a record of different careers and options they research.
Encourage your child to use the careers website: https://sacu-student.com	This is a pictorial quiz. To use this site your child will need to register, although it is free. They can also enter their chosen A levels to see what subjects other people went on to study having done the same.
Encourage your child to use the other resources available to them.	<p>There are lots of other resources that students can use to support their decision making:</p> <ol style="list-style-type: none"> 1. The careers website http://www.prospects.ac.uk/ explains career profiles. 2. The school Careers library has some information for reference. 3. The Careers area on Teams has details of current opportunities and the school website has a Careers section including useful websites and career information. 4. Students receive 1 to 1 career interviews in Year 10 or 11. When they are in Year 12 or 13 they can also request another interview. Once requested, interviews are allocated, and students receive information via email/register. As there is usually a waiting list for this service, by ensuring your child does their research first, it makes the process more efficient and useful.

Building Resilience

In order to thrive, students need to be able to make the transition from the negative “I can’t” to the proactive “How can I?” To do that, they need to think about why they’re stuck, what’s frustrating them, what they would need to get unstuck. They need to think about their own thinking.

There’s a word for that, and it’s metacognition.

“Metacognitive thinking teaches us about ourselves,” says Tamara Rosier, a learning coach who specializes in metacognitive techniques. “Thinking about our thinking creates perspective — perspective that leaves room for change.”

She gives an example: “Instead of saying, ‘Math tests make me anxious,’ we’re asking ourselves, ‘What is it about math tests that makes me feel anxious and what can I do to change that?’” Kids who are taught to think of themselves as being “good” or “bad” at a particular task can have a fixed mindset that makes them passive in approaching a challenge: either they can do it or they can’t, but they aren’t likely to think they can change that outcome.

Teaching students to become more metacognitive helps them move from a mindset that leaves little room for change to a mindset which promotes self-awareness and resilience.

“One of the most powerful by products of metacognitive thinking is increased self-regulation,” says Gladstone.

Being able to self-regulate helps students manage experiences that might otherwise overwhelm them. For example, take two girls who have to audition for a school play, both of whom are struggling with unusually difficult material.

A girl who is regularly told how talented she is and is used to being praised for her performances is likely to get frustrated and overwhelmed at the sheer thought of performing badly.

But a girl who is praised for her ability to work hard and persevere when she’s faced with a challenge can draw on her metacognitive skills to help her manage her nerves and help her figure out a way of rehearsing that works better for her.

Fallout from a fixed mindset often takes the form of self-criticism. The negative feelings kids experience when they feel frustrated easily turn into negative self-talk. “If I’m so smart, why did I fail the test? I’m not smart. I’m useless.”

“When you place your value on being ‘smart,’ anything that makes you feel less than smart is devastating,” says Rosier. “A lot of kids develop a negative inner voice, and they develop it in place of metacognition.”

This negative voice is sneaky, she explains, often masquerading as a coach. “You can mistake self-criticism for motivation. What we want to do is get rid of the negative inner voice and replace it with metacognitive thinking that helps your child find new ways to manage her challenges instead of beating herself up about them.”

Adapted from <https://childmind.org/article/how-metacognition-can-help-kids/>

How to encourage metacognition

1. Metacognitive questions, says Rosier, will help your child begin thinking in a more reflective way.

Questions should be:

- Open-ended. Give your child some space to reflect on their thinking: Can you tell me more about why you think that?
- Non-blaming. It can be hard to stay open when students are acting out, but asking them to think about their behaviour can help them learn to manage difficult situations in a better way: Why do you think you got so upset when Dad changed the channel?
- Solution-focused. Encourage him to think about how he can use his understanding to change things in the future: How could you handle that differently next time?
- Process-oriented. Ask questions that help your child get a better idea of how his thought process works: How will you know when this drawing is finished?

Asking questions at home will help students begin to use metacognitive strategies in their schoolwork, too. For many students — especially those with learning differences - this can be harder than it sounds. It's easy to get bogged down by poor study habits, procrastination, homework meltdowns, and test stress.

If your child is struggling to work through a long paper, ask questions that help them use their metacognitive skills to try a different approach.

- What do you think is making it hard for you to work on this paper right now?
- What are some strategies that have helped you do well on similar papers in the past?
- Can you use those insights to help you with the work you're doing now?

Asking metacognitive questions will help them clarify their process, manage their anxiety, and find a better way to approach their paper, but the benefits don't end when the assignment is done.

The more your child is able to understand their learning process the easier it will be for them to figure out what strategies and supports work best for them — knowledge that will help them succeed — both now and as they grow up.

2. Be patient

"When you teach kids to think about their behaviour differently, they begin to behave differently," says Rosier. But she warns that it's important not to expect instant results. Learning to think metacognitively is a process, and parents may have to accept that a lot of the work is happening behind the scenes.

"Of course, we want to see progress, but our children — especially teenagers — don't always share their thinking with us and that's okay."

Just asking the questions gets the metacognitive work going internally, even if it's not visible to the parental eye, Rosier explains. The benefits are the same, she says, even if all you get is a grunt in return.

Adapted from <https://childmind.org/article/how-metacognition-can-help-kids/>



By Naomi Willis
Pupil Premium Coordinator